



# THE CHRISTIAN COMMUNITY 2009-10 HOMESCHOOL SEAHAWKS SWIM TEAM

45 Pilot-Riley Rd., Zebulon, NC 27597 • 919-404-4948 • christiancommunitysports.com

Now in our eleventh season, the Homeschool Swim Team allows homeschool children to experience the benefits of swimming year 'round with other like-minded families in a Christian environment. The Seahawks are coached by Matt Finneran, a homeschool father of 6 children. Matt has 18 years age-group swim coaching experience and was the men's water polo coach at NC State from 1994 to 2001.

## Why a Christian Homeschool Swim Club?

The Christian Community Swim Team is designed to provide a wholesome foundation for families who desire a swim club guided by Christian values. We believe children are our most important investment. And, as parents, if we're not careful with our children's choices and influences we may reap negative results regarding their character and spiritual growth. Today's youth are being led down a path that fosters immorality, immodest dress, and a lack of respect for parents and authority. Our answer to this ever-growing crisis is to encourage honor, modesty and purity among the children in all our activities at the swim team.

## Membership Requirement

We welcome all boys and girls ages 6 and up who are homeschooled\* and can meet the skill requirements below (exceptions must be approved by the coach). We're looking for families who desire to raise their children under a Christian influence and believe that membership in The Christian Community Swim Club at TAC would be beneficial for their children's spiritual protection, growth and maturity. If you'd enjoy fellowship with like-minded families who share these same hopes for their children, then we invite you to consider our swim team for your family this school year.

## Swim Team Tryouts

Tryouts are mandatory for any new swimmers and are done at the beginning of the first practice the swimmer attends. You may register at the tryout or you may preregister by sending payment with the included registration form. Your prepayment will be refunded if your child does not qualify for the team.

**Sept. 8, tryout date, 1:00 for Platinum, 1:30 for Silver, 1:45 for Blue.**

## Location

Practices are held at the new Triangle Aquatic Center (TAC) 275 Convention Drive in Cary, adjacent to the Sears' parking lot at the Cary Towne Center mall.

**Blue Team Requirement:** Participant must be able to swim 50 yards (two lengths) of rhythmic breathing freestyle and 25 yards of legal backstroke and breaststroke.

**Silver Team Requirement:** Participant should be able to: 1) swim the 200 yard individual medley without disqualification and, 2) do a swim set of 10 consecutive 50 yards of freestyle on the 60 second interval, and 3) make 25 yards dolphin kick underwater without breathing.

**Platinum Team Requirement:** Participant should be able to 1) swim the 400 yard individual medley without disqualification, and, 2) do a swim set of 10 consecutive 50 yards of freestyle on the :45 second interval, and 3) make 25 yards underwater dolphin kick on back without breathing.

## Parents/Masters Club

This will be our third year to host a masters swim team. We will run the master practice format to develop proper stroke technique and build up speed and endurance. Participants should have a rudimentary understanding of swimming strokes and be able to make 25 meters without stopping.

## Water Polo League

This is our third year to offer a co-ed water polo league on Wednesdays from 1:30 to 3:00 for ages 11 & up. Swimmer must be able to complete the 200 yard individual medley without disqualification, swim 10 x 50 freestyle on the :60, and be able to tread water with hands up for 3 minutes. **You do not need to participate on the swim team to play in the water polo league.**

### Location

Practices are held at the Triangle Aquatic Center (TAC) 275 Convention Drive in Cary, just behind the Sears at the Cary Town Center mall.

### 2009-10 Practice Schedule

Our season begins Tuesday, Sept. 8, 2009 and runs through Thursday, May 20, 2010. We swim a total of 32 weeks during the 2009-2010 school year.

#### Blue Team Hours

Tuesday	1:45 - 3:00
Wednesday	12:00 - 1:00
Thursday	1:45 - 3:00

#### Silver Team Hours

Tuesday	1:30 - 3:00
Wednesday	12:00 - 1:00
Thursday	1:30 - 3:00

#### Platinum Team Hours

Tuesday	1:00-3:00
Wednesday	12:00 - 1:00
Thursday	1:00 -3:00

#### Water Polo Hours

Wednesday	1:00 -2:30
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#### Masters Swimming

Tuesday	1:30 - 3:00
Wednesday	12:00 - 1:00
Thursday	1:30 - 3:00

### Non-practice dates

The swim season runs 32 weeks throughout the school year. The weeks we don't meet are:

Nov. 24, 25, 26; Dec. 22, 23, 24

Dec. Dec 29, 30, 31; Jan. 5, 6, 7

Mar. 30, 31, Apr. 1

### Lap-a-thon Fundraiser

**Each year we raise extra funds for the swim team and support for Grace Children's Orphanage in southeast India through our lap-a-thon. Participants raise per-lap donations by an endurance swim of 1 hour. Lap-a-thon date to be determined.**

### Swim meets

Though it is difficult during the school year to find small clubs to swim against, we are hoping to schedule enough meets to maintain the meet experience we enjoyed last summer and give our swimmers enough opportunities to improve on their best times. **We also are trying to schedule a few highschool meets during the winter months.**

### Dress code

No bikinis or two piece suits for girls. No speedo briefs for boys. We will offer team suits in September.

### Equipment

Swimmers will be required to bring their own flippers and kickboards (may be purchased through team sale).

\*We also welcome non-homeschooling families who can respect and abide by the Christian principles of this club.

# **THE CHRISTIAN COMMUNITY AT TAC 2009-10 HOMESCHOOL SEAHAWKS MONTHLY PAYMENTS SWIM TEAM, MASTERS, WATER POLO**

All participants are joining the team for the 2009-10 school year. Swimmers may sign up for two or three days of practice per week. Payments are based on an annual school-year cost and spread out over nine monthly payments, Sept. through May. Payments should be paid at the first practice of each month.

## **SWIM TEAM FEES PER MONTH**

**2 PRACTICES PER WEEK \$60**

**3 PRACTICES PER WEEK \$75**

**2ND CHILD \$35**

**ADDITIONAL CHILDREN \$15**

## **MASTER SWIM FEES PER MONTH**

**2 PRACTICES PER WEEK \$60**

**3 PRACTICES PER WEEK \$75**

**SPOUSE \$35**

## **WATER POLO PER MONTH**

**1ST CHILD \$40**

**ADDITIONAL CHILDREN \$20**

## **FAMILY PACKAGE DEALS**

**THREE DAYS SWIM TEAM PLUS MASTERS OR WATER POLO**

**\$185 PER FAMILY PER MONTH**

## **ALL THREE PROGRAMS**

**THREE DAYS SWIM TEAM PLUS MASTERS AND WATER POLO**

**\$235 PER FAMILY PER MONTH**

## The Homeschool Seahawks 2009-2010 Swim Team Signups

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:  Blue  Silver  Platinum • Desired Days:  Two  Three •  Water Polo:

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:  Blue  Silver  Platinum • Desired Days:  Two  Three •  Water Polo:

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:  Blue  Silver  Platinum • Desired Days:  Two  Three •  Water Polo:

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:  Blue  Silver  Platinum • Desired Days:  Two  Three •  Water Polo:

Any health problems? \_\_\_\_\_ Please explain: \_\_\_\_\_

Parents/Guardian Names \_\_\_\_\_

Masters Swimming  Husband  Wife • Desired Days:  Two  Three

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_ e-mail \_\_\_\_\_

Whom should we contact in case of an emergency? \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Swim Practice Costs Per Month \$ \_\_\_\_\_

Masters Swim Team Costs Per Month \$ \_\_\_\_\_

Water Polo Costs Per Month \$ \_\_\_\_\_

or

Family Package Swim + Masters OR Water Polo (\$185) \$ \_\_\_\_\_

Family Package Swim + Masters AND Water Polo (\$235) \$ \_\_\_\_\_

Total monthly payment due: (Add above lines. Paid the first practice of each month). \$ \_\_\_\_\_

2009-10 enrollment fee, \$15: \$ \_\_\_\_\_

Total Due September 2009 \$ \_\_\_\_\_

Total Paid: \$ \_\_\_\_\_

Payment: The Christian Community • 45 Pilot-Riley Rd., Zebulon, NC 27597 • 919-404-4948  
christiancommunitysports.com

THE CHRISTIAN COMMUNITY  
2009-2010 HOMESCHOOL SEAHAWKS  
BEGINNING & COMPETITIVE STROKE LESSONS

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**Competitive Stroke**

**Instruction Class** (ages 5 & up)

This class is designed to prepare a younger or inexperienced swimmer for the demands and skills of the regular homeschool swim team. The instruction will concentrate on a thorough teaching of rhythmic-breathing freestyle and the beginning basics of backstroke, breaststroke and the underwater dolphin kick. **Requirements:** Child should be able to front float (face down) and back float with no limb movement for at least 5 seconds and propel themselves in the water, head down, without stopping for at least 15 yards. Child should have no fear of deep water.

**Beginning Lessons** (ages 3 & up)

Child will be taught the basics of beginning swimming: front float, back float, kicking on stomach and back, simple crawl stroke movements and jumping and/or diving into deep water.

**Times & Location Raleigh:** All lessons are held at the new Triangle Aquatic Center (TAC) 275 Convention Drive in Cary, just behind the Sears at the Cary Town Center mall.

**Level evaluations:** If you'd like your child evaluated to determine the class level, please bring him or her at noon on the desired day of lessons.

Session I

Tue	Beginning	Sept. 8 - Oct. 20	Noon-12:30
Tue	Competitive	Sept. 8 - Oct. 20	12:30 - 1:00
Thu	Beginning	Sept. 10 - Oct 22	Noon - 12:30
Thu	Competitive	Sept. 10 - Oct 22	12:30 - 1:00

Session II

Tue	Beginning	Oct 27 - Dec 15	Noon-12:30
Tue	Competitive	Oct 27 - Dec 15	12:30 - 1:00
Thu	Beginning	Oct 29 - Dec 17	Noon - 12:30
Thu	Competitive	Oct 29 - Dec 17	12:30 - 1:00

**(Session II: No lessons Nov. 24, 25, 26)**

Session III

Tue	Beginning	Jan 12- Feb 23	Noon - 12:30
Tue	Competitive	Jan 12- Feb 23	12:30 - 1:00
Thu	Beginning	Jan 14 - Feb 25	Noon - 12:30
Thu	Competitive	Jan 14 - Feb 25	12:30 - 1:00

Session IV

Tue	Beginning	March 2 - May 4	Noon - 12:30
Tue	Competitive	March 2 - May 4	12:30 - 1:00
Thu	Beginning	March 4- May 6	Noon - 12:30
Thu	Competitive	March 4- May 6	12:30 - 1:00

**Session IV: No lessons March 16-18, 30-31, Apr 1, 27, 28, 29)**

**Cost:** \$65 per child (7 once-a-week lessons, \$55 for second child and \$45 for third child. Additional children are \$10 each.

**Registration:** Register now for the next session only. To hold your spot, please send payment along with registration to The Christian Community 45 Pilot-Riley Rd, Zebulon, NC 27597.

## The Homeschool Seahawks 2009-10 Beginning & Competitive Stroke Lesson Signups

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$65

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$55

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$45

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$10

Any health problems? \_\_\_\_\_ Please explain: \_\_\_\_\_

Parents/Guardian Names \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Work \_\_\_\_\_ e-mail \_\_\_\_\_

Whom should we contact in case of an emergency? \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Check Desired Level:             Beginning             Competitive

Check Desired Day:             Tuesday             Thursday,

### Session I

Tue	Beginning	Sept. 8 - Oct. 20	Noon-12:30
Tue	Competitive	Sept. 8 - Oct. 20	12:30 - 1:00
Thu	Beginning	Sept. 10 -Oct 22	Noon - 12:30
Thu	Competitive	Sept. 10 -Oct 22	12:30 - 1:00

**Cost:** \$65 per child, \$55 for second child and \$45 for third child. Additional children are \$10 each.

Program Costs \_\_\_\_\_ \$ \_\_\_\_\_

Registration fee:     \$5.00 per family  
(Waived to those who have children on the swim team) \_\_\_\_\_ \$ \_\_\_\_\_

Total Due: \_\_\_\_\_ \$ \_\_\_\_\_

Amount Paid: \_\_\_\_\_ \$ \_\_\_\_\_

Balance Due: \_\_\_\_\_ \$ \_\_\_\_\_